



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

**"Sometimes asking for help is the most meaningful example of self-reliance."**

— Unknown

## Fire and Fall Prevention

Death and injury from fires and falls are alarming among seniors. Adults age 65 are twice as likely to be injured by fires and the risk increases to four times by age 85. Falls are the leading cause of death from unintentional injury among older adults. Non-fatal falls often result in loss of mobility, independence, and institutionalization.

Here are some tips to prevent fires and falls:

- Ensure that smoke alarms work properly and make sure there are smoke alarms in every sleeping area. Smoke outdoors if possible and never smoke in bed.
- If your loved one lives alone and is unable to cook disable the stove. Supervise kitchen activities and use timers to avoid burning food.
- Help your loved one prevent falls by exercising regularly to improve strength, coordination and balance. Provide assistance getting out of chairs or beds and make sure your loved one is balanced before walking.
- Clear your home of clutter and make sure foot paths are clear. Remove any tripping hazards and make sure rugs have non-slip backing.

**Caregiver Support Group**

**Wednesday, July 6, 2016**

**4—5:30 p.m.**

**Alexandria Adult Day  
Services Center**

## Resources:

**Fall and Fire Prevention Resources:** Find more information on fire and fall prevention including safety checklists at the National Fire protection Association. <http://www.nfpa.org/>

**Free Meals for Seniors:** Seniors age 60 and older who are cannot leave their home without assistance, cannot safely prepare meals and who do not have someone who is able to prepare meals may be eligible for free meals through the City's Meals on Wheels Program. Call the Division of Aging and Adult services at 703-746-5999 for more information.

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